

LUNCH

SUNDAY, SEPTEMBER 22, 2019

CHICKEN FRAICHE



| | | | | | | |
|----------|--------|---------|-----|-------|-------------|-------|
| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| 300 | 878mg | 28g | 17g | 9g | 85mg | 0g |

ROAST BEEF



| | | | | | | |
|----------|--------|---------|-----|-------|-------------|-------|
| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| 269 | 450mg | 29g | 17g | 0g | 98mg | 1g |

BREADED SHRIMP



| | | | | | | |
|----------|--------|---------|-----|-------|-------------|-------|
| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| 304 | 570mg | 12g | 16g | 28g | 136mg | 0g |

RED BEANS AND RICE



| | | | | | | |
|----------|--------|---------|-----|-------|-------------|-------|
| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| 130 | 534mg | 5g | 1g | 25g | 0mg | 6g |



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

SUNDAY, SEPTEMBER 22, 2019

CHICKEN SPAGHETTI

| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 345 | 540mg | 22g | 15g | 30g | 60mg | 2g |

PORK EGG ROLL

| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 165 | 363mg | 7g | 13g | 12g | 49mg | 1g |

VEGETABLE EGG ROLL

| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 140 | 450mg | 4g | 5g | 23g | 5mg | 2g |

BLACK BEAN PASTA

| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 242 | 490g | 7g | 10g | 31g | 0mg | 5g |



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen